

Name: \_\_\_\_\_

Period: \_\_\_\_\_

**Dietary Guideline #2**  
**Weight Management Study Guide**

**Directions:** Fill in the outline while watching the PowerPoint presentation on Weight Management.

- The number of Americans who are obese has \_\_\_\_\_ in the last 20 years.
- Nearly one-third of adults are \_\_\_\_\_.
- Roughly \_\_\_\_\_ percent of children and teens are overweight. This \_\_\_\_\_ the rate in the last 20 years.
- The \_\_\_\_\_ is one way to monitor body fat.
- BMI is not an accurate measure if you are very \_\_\_\_\_.
- Another way to monitor body fat is the \_\_\_\_\_ circumference.
- A \_\_\_\_\_ waist circumference leads to greater health risks.
- Excess body fat leads to a higher risk for \_\_\_\_\_ death, Type 2 \_\_\_\_\_, hypertension (high blood pressure), \_\_\_\_\_ disease, \_\_\_\_\_, gall bladder disease, and certain types of \_\_\_\_\_.

**Recommendations**

- To maintain body weight in a healthy range, \_\_\_\_\_ calories from foods and \_\_\_\_\_ calories with calories burned.
- For overweight teens, the goal is to \_\_\_\_\_ the rate of \_\_\_\_\_ gain while achieving normal growth and \_\_\_\_\_.
- To prevent gradual weight gain over time, make small \_\_\_\_\_ in food and beverage calories and \_\_\_\_\_ physical activity.

**Activity #1:** Using the charts from your teacher, find your body mass index. If the number is less than 30 you are doing a good job balancing exercise and calorie consumption. If the number is greater than 30 the goal is to eat more nutrient dense foods and cut out the empty calorie foods and be sure you are getting 60 or more minutes each day.

**Activity #2:** Using the chart with empty calorie foods, choose 2 foods from the list that you would eat in a day and write down the calories-remember if you eat more than 1 serving you have to multiply the calories by servings. Then choosing 2 different types of exercise figure out how much exercise you would need to do in order to burn those calories.

Empty Calorie Food #1: \_\_\_\_\_ Calories: \_\_\_\_\_

Empty Calorie Food #2: \_\_\_\_\_ Calories: \_\_\_\_\_

Total Calories: \_\_\_\_\_

Exercise #1: \_\_\_\_\_

Time: \_\_\_\_\_

Exercise #2: \_\_\_\_\_

Time: \_\_\_\_\_

<b>Moderate Physical Activity</b>	<b>Approximate Calories/Hr for a 154 lb Person<sup>a</sup></b>
Hiking	370
Light gardening/yard work	330
Dancing	330
Golf (walking and carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (general light workout)	220
Stretching	180
<b>Vigorous Physical Activity</b>	<b>Approximate Calories/Hr for a 154 lb Person<sup>a</sup></b>
Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440